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# Seven Island, Newmans Thorofare, NJ - Mar 1996

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 5:24 | 3.1 | 5:55 | 2.9 | 11:48 | 0.1 | 11:51 | 0.1 | 6:29 | 5:49 | |
| 2 | Sat | 6:11 | 3.2 | 6:39 | 3.1 | | | 12:31 | 0.0 | 6:27 | 5:50 | |
| 3 | Sun | 6:53 | 3.4 | 7:19 | 3.3 | 12:36 | 0.0 | 1:12 | -0.1 | 6:26 | 5:52 | |
| 4 | Mon | 7:31 | 3.5 | 7:56 | 3.4 | 1:20 | -0.1 | 1:52 | -0.2 | 6:24 | 5:53 | |
| 5 | Tue | 8:06 | 3.5 | 8:31 | 3.5 | 2:03 | -0.2 | 2:30 | -0.3 | 6:23 | 5:54 | |
| 6 | Wed | 8:41 | 3.5 | 9:06 | 3.5 | 2:44 | -0.3 | 3:07 | -0.3 | 6:21 | 5:55 | |
| 7 | Thu | 9:16 | 3.4 | 9:42 | 3.6 | 3:24 | -0.3 | 3:42 | -0.3 | 6:20 | 5:56 | |
| 8 | Fri | 9:55 | 3.4 | 10:22 | 3.6 | 4:03 | -0.3 | 4:16 | -0.2 | 6:18 | 5:57 | |
| 9 | Sat | 10:39 | 3.2 | 11:08 | 3.5 | 4:43 | -0.2 | 4:52 | -0.2 | 6:17 | 5:58 | |
| 10 | Sun | 11:31 | 3.1 | | | 5:28 | -0.1 | 5:34 | 0.0 | 6:15 | 5:59 | |
| 11 | Mon | 12:03 | 3.5 | 12:30 | 3.0 | 6:24 | 0.1 | 6:30 | 0.1 | 6:14 | 6:00 | |
| 12 | Tue | 1:03 | 3.5 | 1:32 | 3.0 | 7:33 | 0.2 | 7:44 | 0.2 | 6:12 | 6:01 | |
| 13 | Wed | 2:05 | 3.5 | 2:37 | 3.0 | 8:46 | 0.1 | 9:02 | 0.2 | 6:10 | 6:02 | |
| 14 | Thu | 3:10 | 3.5 | 3:45 | 3.1 | 9:54 | 0.0 | 10:12 | 0.0 | 6:09 | 6:03 | |
| 15 | Fri | 4:19 | 3.6 | 4:54 | 3.3 | 10:54 | -0.2 | 11:13 | -0.2 | 6:07 | 6:04 | |
| 16 | Sat | 5:24 | 3.8 | 5:55 | 3.6 | 11:48 | -0.4 | | | 6:06 | 6:05 | |
| 17 | Sun | 6:21 | 3.9 | 6:49 | 3.9 | 12:10 | -0.4 | 12:39 | -0.6 | 6:04 | 6:06 | |
| 18 | Mon | 7:12 | 4.1 | 7:37 | 4.0 | 1:04 | -0.6 | 1:29 | -0.7 | 6:02 | 6:07 | |
| 19 | Tue | 8:00 | 4.1 | 8:24 | 4.1 | 1:55 | -0.7 | 2:16 | -0.7 | 6:01 | 6:08 | |
| 20 | Wed | 8:47 | 4.0 | 9:09 | 4.0 | 2:44 | -0.7 | 3:01 | -0.7 | 5:59 | 6:09 | |
| 21 | Thu | 9:33 | 3.8 | 9:53 | 3.9 | 3:30 | -0.6 | 3:43 | -0.5 | 5:58 | 6:10 | |
| 22 | Fri | 10:20 | 3.6 | 10:39 | 3.7 | 4:14 | -0.4 | 4:23 | -0.3 | 5:56 | 6:11 | |
| 23 | Sat | 11:08 | 3.3 | 11:26 | 3.5 | 4:57 | -0.2 | 5:02 | 0.0 | 5:54 | 6:12 | |
| 24 | Sun | 11:59 | 3.1 | | | 5:41 | 0.1 | 5:43 | 0.3 | 5:53 | 6:13 | |
| 25 | Mon | 12:14 | 3.3 | 12:50 | 2.9 | 6:31 | 0.3 | 6:31 | 0.5 | 5:51 | 6:14 | |
| 26 | Tue | 1:03 | 3.1 | 1:41 | 2.8 | 7:29 | 0.5 | 7:30 | 0.7 | 5:50 | 6:15 | |
| 27 | Wed | 1:53 | 3.0 | 2:32 | 2.8 | 8:31 | 0.6 | 8:35 | 0.8 | 5:48 | 6:16 | |
| 28 | Thu | 2:45 | 3.0 | 3:27 | 2.8 | 9:30 | 0.6 | 9:37 | 0.7 | 5:46 | 6:17 | |
| 29 | Fri | 3:42 | 3.0 | 4:25 | 2.9 | 10:23 | 0.5 | 10:32 | 0.6 | 5:45 | 6:18 | |
| 30 | Sat | 4:41 | 3.0 | 5:18 | 3.1 | 11:09 | 0.3 | 11:21 | 0.4 | 5:43 | 6:19 | |
| 31 | Sun | 5:33 | 3.2 | 6:05 | 3.3 | 11:53 | 0.2 | | | 5:42 | 6:20 | |